



# THE ISLAMIC BULLETIN

Issue 3

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### THE ISLAMIC BULLETIN

Published by the  
Islamic Community of  
Northern California  
A Non-Profit Corporation  
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**EID MUBARAK!! HAPPY EID!!**

## THE SIGNIFICANCE OF EID PRAYERS

Eid means recurring happiness or festivity. The Eid Prayer is very important for all Muslims. It has the merits of the daily prayers, the effects of the weekly convention (Jumha-Friday prayers) and the characteristics of annual reunions between Muslims.

There are two such Eids.

The first is called Eid-ul-Fitr (the Festival of Fast Breaking). It falls on the first day of Shawwal, the tenth month of the Muslim year, following the month of Ramadan in which the Quran was revealed and which is the month of Fasting.

The second is called Eid-ul-Adha (Festival of Sacrifice). It falls on the tenth day of Dhul-Hijjah, the last month of the Muslim year, following completion of the course of Hajj pilgrimage to Mecca.



## LETTERS TO THE EDITOR



**Dear Editor:**

How very happy I am to have discovered your wonderful edition of the Islamic Bulletin! I am a native born American who was first introduced to Islam and the Koran in 1984. It took me until January of 1989 until I finally embraced Islam in complete submission to God's Will. Since then, I have endeavored to practice the principles of the Koran in theory and in practice.

I must admit that at times it seems a very lonely journey as I have no contact with other Muslims on a regular basis and have only the Koran for guidance. But what a gift and a blessing that has been in my life! I can't imagine my life now without the beauty of the Koran. God has indeed allowed me to see and be blind no longer.

This is why it is such a joy for me to find your new bulletin available for even non-Arabic, Native American people. I don't have any formal training in the practices of Islam and must rely on the word of God as I read it in the blessed Koran. Being a single woman, responsible for my own livelihood, I have found it difficult to incorporate all the strictures into my daily life, but I do the best I can and have hope that God is pleased with my sincerity and efforts.

Your articles in the Islamic Bulletin give me the feeling that I am not alone in my search for God's path and a real help in understanding and learning the Islamic laws and practices.

The prayer time schedule is really great as are the various articles. Even the Kid's Corner is informative for me as I am probably more ignorant than a child born into Islam!

So, I guess the reason for this letter is just a great big THANK YOU! Please keep them coming!!!!

Sincerely,  
**Pamela J. Barrett,**  
 San Francisco

**Response:**  
**Assalamu Aleikum**

**Dear Pamela:**

Thank you for your letter, it was very moving. You should realize that God is the best companion of all. Once you have found God, you have found peace. It is only then do you realize that your hardships and patience in this life will be rewarded. A person can have all the money in the world and still not find peace and tranquility. As The Almighty says in the Qur'an: **"Those who believe, and whose hearts find satisfaction in the remembrance of God: for without doubt in the remembrance of God do hearts find satisfaction."** (Qur'an 13:28)

Today, many Muslims in general lack the qualities of the believers which God has described in the Qur'an. The Muslims who follow the teachings of the Qur'an and the ways of the Prophet are the kind of people one should associate with. The Prophet (s.a.w.) has assured us that these types of people will always exist in every generation until the day of judgment.

### NEED TO CONTACT US?

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### FIRST JUMHA PRAYERS IN ALBANIA

For the first time in 23 years the sounds of The Muazin (the caller of prayers) reverberated through Tirana, Albania on January 19, when the Muslims of this only majority Muslim state of Europe, offered Jumha prayers in the centrally located Etem Bay mosque. Besides the Muslims attending the Jumha prayers, there were more than 15,000 onlookers gathered to witness this historic event which was led by Imam Ibrahim Bala.

Albania had been, until this time, maintaining an iron-fisted stance. God-willing, this is the start of many more Islamic events that will be taking place in Albania.

### 1000 YEAR OLD MOSQUE'S RUINS DISCOVERED IN KENYA

Archaeologists have discovered the ruins of a 1000 year old mosque on the Kenyan coast, the oldest known trace of Islamic culture in East Africa.

Richard Wilding, Head of Coastal Archeology at the National Museum of Kenya, said: 'The mosque, believed to date from around 950 A.D. was found among the ruins of a small trading community on Pate Island near the Somali border. It was a small rectangular building with stone foundations, discovered beneath a mosque of later construction.'

The mosque was discovered by a team from Oxford University in Britain, led by Dr. Mark Horton.

### QURANIC COMPUTER IN THAILAND

The Islamic Social and Development Foundation of Thailand has developed a new computer system which could display the complete text of the Holy Quran coupled with its interpretation in English and 13 other languages. This system called "Dara" was displayed at the Gulf Computer Exhibition in Dubai (UAE). The computer also has a printer and voice capability. At the press of a button, the entire Holy Quran could be seen and heard on the computer.



The Muslim world's largest library is in Saudi Arabia's holy city of Mecca.

The library, which was built at a cost of 40 million riyals (10.9 million dollars), has more than 40,000 books, 2,000 manuscripts, microfilms, and periodicals.

Some of the material dates back to the fifth Islamic century.

*And Here in the US...*

### MUSLIM IMAM GIVES OPENING PRAYER IN TENNESSEE STATE SENATE

On Thursday, March 7, 1991, the prayer service opening the Tennessee State Senate Session was Sura Al-Fatiha.

It was recited by Imam Ilyas Muhammed of Nashville, Tennessee. History was made in all of the United States as Tennessee was the first state to have a member of the Islamic faith to open a State Senate Session.

However, this was not an easy task to accomplish. Seven years ago Imam Muhammed wrote a letter to the Tennessee State Senate stating that since Tennessee represents a cross-section of faiths, the Islamic faith had been omitted and not represented in the Senate or House of Representatives.

His letter further stated: "As a representative of the Islamic faith, an Imam (minister), I nominate myself to be included and invited as 'Minister of the Day', to open the session in prayer. The Muslim prayer that is used is universal to open all meetings, services, etc. It is called 'Al-Fatiha' (Arabic meaning 'The Opening'). It is the first Sura (chapter) in the Holy Book of the Muslim, the Qur'an.

"The substance or contents of the prayer offends no group or single person, nor does it defy or single out any of God's righteous Prophets. It is a most beautiful and comprehensive prayer--short and concise. It is usually recited first in Arabic and followed by the English translation."

After receiving Imam Muhammed's letter, approval was given.

In his opening statement, Imam Muhammed related: "On behalf of the Muslim American Community of Nashville of Tennessee, the Muslim Community of America and the international community of over one billion Muslims, who bear witness to the existence and unity of One God, I express our profound and humble appreciation... for this occasion that could pass by in insignificance as just another procedural prayer opening the session of the Senate. However, this occasion is highly significant beyond what is immediately realized and moreover historical and destined to be a part of the history of Tennessee. This marks a first for Tennessee Government and to my knowledge a first for America, that a representative of the Islamic faith has been granted the opportunity to lead the Senate or House in prayer."

Indeed this was an historic event for Muslims everywhere. To have Islam recognized and included in our government, is the giant step for much more progress to come.

See also the S.F. Chronicle, Mar.8, 1991 Page A7.



### THE FRONTAL LOBES AND HIGHER MENTAL FUNCTIONS

Keith L. Moore, Abdul-Majeed A. Zindani and Mustafa A. Ahmed

For many years, the anterior or frontal parts of the brain, called the frontal lobes, were thought to be silent areas of the brain which had little to do with the control of the functions of the body. The reason for these ideas were prevalent was because when the nerve fibers entering and leaving the frontal lobes were severed or cut, there was no noticeable change in the activities of animals.

Similar observations were made in human beings who had their frontal lobes damaged or had the fibers associated with them severed during accidents. The fact that stimulation of the anterior parts of the frontal lobes resulted in no movements of the body, contributed to the idea that the frontal lobes were silent.

It has been found that if these areas of the brain are stimulated, no movement occurs, and so they were called the silent areas of the brain. If the motor area of the brain is stimulated, movement of the various parts of the body will result. Thus this area, as well as the sensory and visual areas, could be recognized, but the frontal area was considered to be silent.

However, in the last fifty years it has been learned that the frontal lobes are concerned with some of the highest mental functions of animals and human beings. Electroencephalographic and electrophysiological studies have shown that patients and animals with injuries to the frontal lobes often have a reduction in their mental ability, and in human beings there may be a lowering of ethical standards. Patients present with signs of complacency and self satisfaction, and they frequently show signs of boastfulness. Their powers of concentration, their initiative and their endurance are also reduced.

Memory of recent events suffers when the fibers passing to and from frontal lobes are cut (e.g. following a lobotomy), and the patient's capacity for solving problems is greatly reduced, especially those which require considerable intellectual ability. The patient's power of judging his own situation is impaired, and his awareness is reduced to the present and to himself.

In summary, the frontal lobes are now known to be very important parts of the brain, because they are involved in the highest mental functions.

We make plans within these lobes and so they affect the action and functions of other parts of the brain, e.g. our thoughts, our feelings and our sensations.

The Qur'an has described the relationship between the frontal lobes of the brain, and the ethical behavior of human beings, as in the following verse:

**"Do you see who forbids a servant of Ours (God) when he (turns) to pray? Do you see if he who prays follows the guidance and enjoins righteousness? Do you see if he who obstructs rejects (Truth) and turns away? Does he not know that God sees? Let him beware! If he desists not, We (God) will punish him upon his forehead - a lying, sinful forehead!" (Quran 96:9-16)**

The word used in the last two verses above is an-nasiyah, which means "the forehead". The forehead in this statement obviously refers to the frontal lobes of the brain which lie behind of posterior to the frontal bone in the forehead.

The act of lying is initiated by the mental activities in the frontal lobes, and their instructions are then carried out by the speech organs during the act of lying. Similarly, sins are planned in the frontal lobes before they are carried out by the eyes, hands, sexual organs, etc.

A hadith of the Prophet (s.a.w.) asserts that the forehead represents the center of direction and control, and it is the front of the head.

He (s.a.w.) said, **“No distress and grief occurs to anyone who says, ‘Oh Lord, I am your slave and the son of your slaves, my forehead is in your hands, firm in your ruling, and my destiny from You is just.’”**

The hadith indicates that the fate of a man is in his Lord's hand. It mentions the destiny and the ruling. It explains that the forehead plays a great role in the control and direction of human behavior.

Perhaps for the above mentioned reasons, God orders us to perform sujood, (i.e. place our foreheads on the ground, as stated in the continuation of the Qur'anic verses above).

**“Then let him call his associates. We will call on the angels of punishment. Then follow not him, but prostrate yourself and draw nearer to Us (God).” (Quran 96: 17-19)**

This order to perform sujood means we should place the center of the will and decision making upon the ground to show the absolute submission to God.

A person who is punished in the forehead would have his frontal lobes damaged. This would interfere with his higher mental functions, which would reduce his mental ability and cause signs of complacency and self satisfaction.

Thus the Qur'an has described the role of the forehead, or more specifically the function of the frontal lobes of the brain, in making decisions, and the hadith has referred to the role of the forehead in the control and direction of human behavior.

Although we have some understanding of the function of the frontal lobes of the brain at the present time, this knowledge was obscure even to the imagination in early times.

In the past, some of the interpreters of the Qur'an found difficulty in following the literal meaning of the verses, and they interpreted the verses to mean that the owner of the forehead is a liar and sinful.

However, other interpreters considered the description of lying and sinful to apply to the forehead itself.

The Almighty also says,

**“There is no living creature that moves on the earth, but he (God) holds its forehead completely.” (Quran 11:56)**

In his interpretation of this verse, Ibn Katheer said, “i.e. under his force and power.” Ibn Jarir At-Tabari said, “There is nothing that moves on this land unless it is owned by God. Under His grasp and power, it is submissive and obedient to God.” Al-Qurtubi said, “That means He directs it as He wishes and prevents it from what He wills.”

Almighty God has mentioned that He controls every creature by His will and that this is done through controlling the foreheads of all creatures.

Thus is understood that the forehead is the site of control of an animal's behavior.

Consequently, these statements in the Qur'an, recorded in the 7th century A.D., imply an awareness of the functions of the frontal lobes of the brain which was not known to physicians at that time.

It is only after a thorough study of the physiology and functions of the lobes of the cerebral hemisphere and their locations in man and animals, that the function of the forehead has been recognized by modern comparative anatomy.

Is this not further evidence of the soundness of the statements in the Qur'an, and that they were not written by scientists or physicians in the 7th century A.D.? These statements warn those who reject these revelations that they will be punished severely.



**Q: 1. Is it OK to fast without Suhur (night meal)?**

**Q: 2. Is it OK for a Muslim to fast on the first day of Eid-ul-Fitr?**

**Q: 3. Is the Eid-ul-Fitr Salah fard (obligatory) or sunnah (voluntary)?**

**Q: 4. How does a non-Muslim become a Muslim?**

**Q: 5. Who is the mother of Jesus (A.S.)?**

**Q: 6. What is the name of the cave where the Qur'an was first revealed to the Holy Prophet (S.A.W.)?**

*A: Yes, it is OK to fast without Suhur (night meal).*

*A: No, it is not OK for a Muslim to fast on the day of Eid-ul-Fitr.*

*A: The Eid-ul-Fitr Salah is sunnah (voluntary) and not fard (obligatory).*

*A: By declaring the Shahadah (the first Kalimah - “I bear witness that there is no one worthy of worship except The Almighty, and that Mohammed is His servant and Messenger”) a non-Muslim becomes a Muslim.*

*A: Mary (Mariam) (A.S.) daughter of Prophet Imran is the mother of Jesus.*

*A: The cave of ‘Hira’.*



## INDIAN SWEET DELIGHT - RASGOOLAS IN RAS MALAI

courtesy of N. Sabedar, Daly City

### Ingredients:

- 2 pints milk
- 1 whole lemon (or juice thereof)
- 1 teaspoon Arrow root
- 3 cups fine sugar
- 4 cups water
- 20 small pieces of sanker (candy sugar)

### Direction:

1. Make a thin syrup of water, sugar and 1 tablespoon milk. Strain it and keep at the side of stove.
2. Heat milk to boiling point and add lemon juice which will make the milk curdle up in lumpy masses.
3. Strain off water and leave lumpy mass hanging in a cloth bag for about 1 hour.
4. During this time, the mass should be dry and firm, add Arrow root to the lumpy mass and mix it smoothly.
5. Now take marble sized lumps of the mass (about 3/4 inch in diameter) and mold it carefully around a piece of sugar candy.
6. Prepare similar balls from the rest of the sugar candy and milk mass, and drop them into rapidly boiling syrup for 30 minutes. (Keep adding 2 tablespoons of water every 5 minutes.)
7. Remove these Rasgoolla balls as they are now termed into the 2 pints of cold milk and allow to soak for 1 hour.
8. Remove Rasgoolla balls from milk, and boil till only 1/2 pint quantity is left. This is known as Ras Malai.
9. Add the Rasgoollas to the Ras Malai, add few drops of rose water for added flavor.

Serve cold and enjoy it!!

## FRIED EGGPLANT

courtesy of R. Bahamdun, Saudi Arabia

### Ingredients:

- Eggplant
- Flour
- Milk
- Salt
- Olive Oil

### Direction:

1. Peel the eggplant, slice it, and leave the slices to soak for several hours in milk with a little salt, so that the eggplant, having soaked up the milk, will not soak up oil when frying.
2. Remove the slices from the milk, letting the excess run off.
3. Dip them in flour and fry in virgin oil till crispy.

Very simple and delicious!!

## ISLAMIC VOCABULARY

Starting with this issue, we will be including a new section on the Islamic vocabulary providing detailed explanation.

Some of the words may not necessarily have any Islamic/Arabic origin but they have been adopted to specify the doctrines, rites, ceremonies, customs along with the other technical and theological terms presently used in the Islamic world.

**Ablution:** The Arabic word is *wudu*.

The Holy Prophet described ablution as 'the half of faith and the key of prayer' and is founded on the authority of the Holy Qur'an:

**"O' Believers! when ye prepare yourselves for prayer, wash your faces and hands up to the elbows, and wipe your heads and your feet to the ankles."** (Quran 5:6)

The ablution need not be performed before each of the five stated periods of prayer, when the person is conscious of having avoided every kind of impurity since the last performance of the ablution.

The private parts of the body must also be purified when necessary.

When water cannot be procured, or would be injurious to health, the ablution may be performed with clean dust or sand.

This ceremony is called **Tayammum**.







## THE STORY OF HADRAT ZAINAB ABU SALAMA (R.A.A.)

Hadrat Zainab (R.A.A.) was the daughter of Abu Salama (R.A.A.) and the niece of the Holy Prophet (S.A.W.). She was born in Medina in the year 3 A.H. Her mother was Umm Salama (R.A.A.).

After death of Hadrat Abu Salama bin Abdul Asad Makhzoomi (R.A.A.), Hadrat Umm Salama was married to the Holy Prophet (S.A.W.) in the year 4 A.H. Hadrat Umm Salama was a very shy woman.

After marriage with the Holy Prophet (S.A.W.), whenever he (S.A.W.) came to her she used to take baby Zainab in her arms and start breast feeding. Seeing her in that state, the Holy Prophet (S.A.W.) used to go back.

This state of affair continued for quite some time. The Holy Prophet (S.A.W.) had great affection for little Zainab, since she was his step daughter as well as niece.

When Hadrat Zainab (R.A.A.) grew up, she was married to Hadrat Abdullah bin Zam'a who was the nephew of Umm Salama (R.A.A.). Their marriage was blessed with six sons and three daughters. Hadrat Zainab (R.A.A.) was brought up and educated by the Holy Prophet (S.A.W.), therefore, she was a very cultured and learned woman.

Many prominent Muslim Scholars used to learn from her the Islamic Jurisprudence. In fact, she was a well known jurist of her time.

Hadrat Abu Raafe' (R.A.A.) has remarked, "Whenever I have made a mention of the women jurists of Medina, I have always remembered Hadrat Zainab bint Abu Salama (R.A.A.). She was pious and devoted Muslim lady and one of the most respectable companions of the Holy Prophet.

Hadrat Zainab (R.A.A.) has also certain Ahadith. Those who have quoted Ahadith through her, include Hadrat Zainul Abedin (R.A.A.) and 'Urwah bin Zubair (R.A.A.).

In the year 63 A.H. Hadrat Zainab (R.A.A.) faced a very shocking incident. Her two sons: Yazeed bin Abdullah (R.A.A.) and Kaseer bin Abdullah (R.A.A.) were martyred in the incident of Hirrah, when Banu Umayyad's forces let loose the terror and looted the Medina.

When their dead bodies were brought home, she remarked, "A great calamity has befallen me. One of my sons fought in the battle and was martyred. But the other one was inactive, was slain in the house." After this incident, Hadrat Zainab (R.A.A.) passed rest of her life resigned to The Almighty's Will.

This valiant woman of Islam and renowned companion of the Holy Prophet (S.A.W.) passed away in the year 64 A.H. She was buried in Jannatul Baqi.

## ISLAMIC DIETARY LAWS

### ISLAMIC MANNERS - RULES OF HEALTH

#### Appreciate Your Health

A good health is a great gift from The Almighty. It should, therefore, be cherished and not neglected. Health, when once goes down, is difficult to regain. The slightest neglect in matters of health leads to serious consequences.

Carelessness in this regard, amounts to both, negligence of one's physical requirements as well as ungratefulness to The Almighty. Healthy People Constitute a Powerful Nation. The performance of the great task as a Muslim and the discharge of a mission as vicegerent of The Almighty, require a sound mind in a healthy body with noble ambition and strong will. Only healthy persons with a living heart help constitute a vigorous nation, and only such nations can offer such sacrifices and achieve a glorious place in the cluster of nations.

Be always happy, full of vigor and energy and activeness; make your life attractive and full of zest for living, garnished with the help of good manners, cordial smiles, and joviality. Keep away from sorrow, anger, concern, envy, ill-will, short sightedness, peevishness and mental confusion. These moral ailments and mental morbidity affect the digestion adversely and cause stomach disorders. They are the worst enemies of health.

The Holy Prophet (S.A.W.) has enjoined, "**Lead a simple life, adopt moderation and be happy.**" (Mishkat)

#### Healthy Gait

Hadrat Umar (R.A.A.) once saw a man walking as if sick. He asked him if was unwell. He replied in the negative. Hadrat Umar (R.A.A.) ordered him to walk well with force.

The Holy Prophet (S.A.W.) used to walk with firm steps as if he was descending from a height.

#### Do Not Overtax Your Body

Do not strain your physical system. Since bodily energy has a limit, it cannot stand excessive pressure. It has to be preserved, maintained and used moderately.

Hadrat Ayesha (R.A.) quotes a tradition of the Holy Prophet (S.A.W.): "**Work according to your capacity or power. The Almighty does not want you to be exhausted. It is you who (work so hard) that you get tired.**"

Hadrat Abu Qais says that once he went to pay his respects to the Holy Prophet (S.A.W.) when he was delivering a sermon. Therefore, the former had to wait for sometime under the sun. The Holy Prophet (S.A.W.) asked him to move a little towards the shade. He accordingly moved a little towards the shade. (Al Adab, Al Mufrad). The Holy Prophet (S.A.W.) has also directed that one should not stay partially in the sun and partially under cover.

#### Cultivate Habit for Hard Work

Always lead a hard-working life with chivalrous behavior. Be prepared to face difficult situations in life. Avoid temptation for comfort and ease, and love for worldly attractions. The Holy Prophet (S.A.W.) while appointing Hadrat Muaz Ibn-a-Jabal as Governor of Yemen advised him: "Muaz, keep yourself away from living an easy life, because servants of The Almighty do not run after easy living."

### VISITING PERSONS AND CHOOSING FRIENDS

Hadrat Anas bin Malik (r.a.a.) relates that after the passing away of the Holy Prophet (s.a.w.), Hadrat Abu Bakr (r.a.a.) said to Hadrat Umar (r.a.a.): 'Let us visit Hadrat Umm Aiman as the Holy Prophet (s.a.w.) used to do.'

Accordingly, when we came to her she started weeping. They asked her, 'What makes you weep. Do you not know that God has better recompense for the Holy Prophet (s.a.w.) than what he had in this world?'

She said: 'I know this well that what God has for the Holy Prophet (s.a.w.) with Him is the best recompense. I do not weep for this. I shed tears because Revelation has now stopped.' This moved the two distinguished persons so much so that they too started weeping along with her.

Note: Hadrat Umm Aiman (r.a.a.) was a maid servant and foster mother of the Holy Prophet (s.a.w.). Subsequently he had freed her and married her with Hadrat Zaid Bin Harisa (r.a.a.). The Holy Prophet (s.a.w.) used to respect her very much and frequently visited her, and would say that she was his mother.

Hadrat Abu Hurairah (r.a.a.) relates that the Holy Prophet (s.a.w.) said: **"If a person visits a sick person or a brother of his simply for the sake of The Almighty, a caller announces, 'May you be happy, may your going be blessed and may you be awarded a pleasant residence in Paradise!'"**

Hadrat Abu Musa Ash'ari (r.a.a.) relates that the Holy Prophet (s.a.w.) said: **"The case of a good companion and that of a bad companion is like that of one who has musk (perfume) and of one who blows a furnace (or an iron smith). The owner of musk might give you some as a gift, or you might buy some from him, or at least you might smell its fragrance. As regards the other, he might set your clothes on fire, or at least you will breathe fumes from the furnace."**

Hadrat Abu Hurairah (r.a.a.) relates that the Holy Prophet (s.a.w.) said: **"A man marries a woman for four reasons i.e. either for the sake of her wealth, her family chain, her charms, or her love of religion. Try to get one for the sake of her religiousness. May you be blessed."**

Hadrat Abu Sa'id Khudri relates that the Holy Prophet (s.a.w.) said: **"Keep company with a believer only, and let your food be eaten only by the righteous."** (Abu Daud and Tirmizi)

Hadrat Abu Hurairah (r.a.a.) relates that the Holy Prophet (s.a.w.) said: **"A person is likely to follow the faith of his friend, so look whom you be friend."** (Abu Daud and Tirmizi)

Hadrat Anan Bin Malik (r.a.a.) relates that a villager asked the Holy Prophet (s.a.w.): "When will the Day of Judgment come?" He asked the questioner: **"What preparations have you made for it?"** The man said: "(Only) the love of The Almighty and His Messenger (s.a.w.)." The Holy Prophet (s.a.w.) said: **"You will be with those you love."** (Bukhari and Muslim)

Hazrat Abu Musa Ash'ari (r.a.a.) relates that the Holy Prophet (s.a.w.) said: **"A person will be considered to be with one whom he loves."** (Bukhari and Muslim)

Hadrat Ibn Mas'ud (r.a.a.) relates that a man came to the Holy Prophet (s.a.w.) and said: **"O Messenger of God! What would you say about a person who loves people but does not associate with them?"** He said: **"A person will be with those he loves."** (Bukhari and Muslim)

### MISS AYESHA BRIDGET HONEY

The following is the excerpt of the interview with Miss Ayesha Bridget Honey, an English convert to Islam.

**Q: Please tell us how you came to embrace Islam and what was your age at that time?**

A: Three and a half years back The Almighty illuminated me with the Light of Islam. At that time I was 21 years old. The family I was born and grew up was from the religious point of view, no different from the generality of the British homes. My mother is a Christian but she doesn't practice religious worship and rituals.

My father, however, did not believe in any religion. While studying at the English Church School, I was not satisfied with some of the basic beliefs of Christianity, especially the concept of Trinity and the belief in atonement that God or Jesus had ransomed the people and by accepting the cross had atoned for all their sins.

I was infatuated with philosophy and my desire to know the Truth was intense. At the age of 15, I read the book Tao Teh Ching, which is a collection of the Chinese philosophy of Tao. I was influenced by its thought. Then when I found some introductory information about Buddhism. I decided to go into depths of both these philosophical beliefs. At the age of 17 I went to Canada to continue my education. My program was to get the secondary school degree so that I could get admission in a university to learn the Chinese language.

In Canada, I came to know the Hindu philosophy and read the holy books of the Hindus. The three beliefs: Tao Teh, Buddhism and Hinduism, which I knew by now, possessed beauty, profundity and exaltation, but none of them could satisfy my mind or my feelings.

The founder of the Tao philosophy wandered in remote corners of the world as a mystic and an ascetic. In search of truth, Buddha left his wife and family. The books of Hindu are basically ethical but are all human ideas of collective life in society only based on hallucination.

These questions bewildered me. I could not believe in any of these faiths. After all, what could I believe in? What is the purpose of life? The tension and restlessness grew. After joining the university, I got the chance to be introduced to the Muslims.

Before that, I had neither read nor heard anything on Islam. In fact like the other people in the West, I also harbored prejudices and misunderstandings about Islam.

But, at the university the Muslim students explained their basic beliefs to me in a calmly and nice manner and gave me some books to read.

When I started reading these books carefully, their style of presentation and the freshness of explanation and the commentary surprised me. I was extremely impressed by the logic and argument with their concepts of The Creator and the Universe.

I embraced Islam three months after I came to know about it. Islam, as a European Muslim has put it - is like that of a complete and perfect geometrical pattern whose every part completes its other parts and its real beauty lies in the harmony and cohesion of these parts and it is this characteristic of Islam which has a profound influence on the human beings.

Seen from a distance, Islam's deep insight into the generality of things, motives, deeds, its explanations about the Muslim government will amaze you and if you look at its details you find it an incomparable guide for social life based as it is on straightforward and true ethical values.

**Q: Did you face any difficulty or embarrassment after you accepted Islam?**

A: People who have little ability of think are usually full of bigotry against Islam. They often make fun of Muslims, sometimes behind their backs. On the other hand, they never tangle with the irreligious and unbelievers. They in fact respect them for their so called "free thought" but Muslims and Islam irritate them. In spite of this, I did not meet with any major difficulties worth mentioning except the annoyance I caused my parents by abstaining from the wine and pork.

**Q: Do you think Islam can influence modern civilization in any way?**

A: Today the Western world is living in darkness. There is not even the slightest light of hope to show the way for deliverance of the soul and the self. Any person who is aware of the actual state of the European societies can see this universal restlessness and the worry which is hidden behind the false glare of progress and material excellence.

Now people are searching for a way out of their difficulties but they can see no way out. There is only one choice before them and that is to go on advancing towards the hell of destruction and disaster. The beautiful harmony between the demands of the body and the needs of the soul which Islam presents has strong attraction for the West today. Islam can show modern civilization the way which leads to the real success and salvation.

**Q: In your opinion what is the method of propagating Islam?**

A: Before worrying about spreading Islam, it is necessary that in our life and needs we should attain the standards Islam demands of us. It is thought that if we become missionaries of Islam then we need not worry about anything else.

It is necessary for us to know Islam fully and only then to become its missionaries so that we may be able to answer all questions and objections. The importance should be stressed on the living and the leading by example. It is essential for us that we make ourselves the exemplary human beings as the Holy Qur'an wants us to be.



### THE PERFORMANCE OF EID PRAYERS

1. Every Muslim should go to the Eid Congregation in his best, neat, tidy, and high-spirited. In the mosque or the place of a certain verbal prayer (Takbeer) is said before the actual prayer begins.

2. The time of the Eid prayers is any time after sunrise and before noon. The prayer consists of two units with the Imam reciting in each the Fatiha and another passage from the Qur'an.

3. The Imam declares his intention to lead the prayer saying the Takbeer (God is the Greatest of all). Then he repeats the same utterance 3 times, raising his hands up to the ears and dropping them by his sides at the end of each utterance.

On completion of the 3rd Takbeer (utterance) he places his right hand over the left one under the navel as in other prayers. Muslims do the same.

4. At the end of the 1st unit, the Imam rises up for the 2nd Takbeer. Then he adds 3 utterances.

5. After the prayer is completed in 2 units, the Imam delivers a sermon of 2 parts with a short recess in between.

6. In the sermon, the Imam must draw the attention to the matter of Zakat-ul-Fitr (the Charity of the Breaking the Fast).

### ZAKAT

An essential component to fasting in the month of Ramadan is the mandatory Zakat at the end of Ramadan.

It is due on every adult Muslim who possesses food in excess of his needs and those of his family for 24 hours.

If the person is a provider for others, Zakat-ul-Fitr is also due on him on behalf of his dependents (i.e. wife, children, servants, or other dependent relatives).

It consists of a Sa'a, a measure of about 2.5 kg (5.5 pounds) of rice, wheat, dates or similar things of food or its equivalence.

For this year, about \$3.50 is a safe estimate for those residing in the U.S.

Give it voluntarily and without any hesitation on Eid-day, or a day or two before so that the poor also can enjoy the Eid festivities along with the others.

The Holy Prophet (saw) has highly recommended the Zakat-ul-Fitr so that it may expiate for the irregularities committed during Ramadan, and may help for the sustenance of the poor and the indigent. (Abu Daud)

The Islamic Center has made arrangements to collect Zakat-ul-Fitr (as well as regular Zakat) before Eid day as well as on Eid.



## THE PROPHET HUD (PBUH)

Hud (pbuh) was the Prophet sent to the Bani 'Ad for their reformation. His lineage genealogy joins with the Prophet Nuh (Noah) (pbuh) and his sons. The Prophet Hud (pbuh) belonged to the Bani 'Ad. They were the descendants of Sam.

### OUTSTANDING QUALITIES OF THE 'ADITES:

The 'Adites left Babylon after they had a quarrel with the people of Ham. They settled down in the Southern Arabian district contiguous to 'Umman, Yemen and Hadramaut. There they built palaces, erected temples, and worshipped deities. Their chief deities were Saqi'ah, Salimah, Raziqah and Hafizun. 'Adites were tall in stature and skillful masons. Almighty had blessed them with abundance of wealth, cattle, and children. 'Adites had attained a considerable degree of civilization.

Among them flourished the famous king Shaddad. He built a magnificent palace near 'Aden, South Yemen. It was known as the Garden of Iram. He was a mighty king and his conquests extended to Syria, Iraq and the frontier of sub-continent of Indo-Pakistan. These people were proud of their achievements and considered themselves to be invincible. They were indulged in sins and committed acts of injustice and violence. Instead of expressing a deep of gratitude to The Almighty for the favors he had bestowed upon them, they became transgressors and showed disobedience to The Almighty.

### THE ADVENT OF THE PROPHET HUD (PBUH)

Prophet Hud (pbuh) appeared among the 'Adites to guide them. He tried his best to bring the 'Adites back to the worship of One Almighty. He directed them to give up all their evil practices. He advised them to abstain from committing sins, but they paid no heed to the teachings and warnings. The Holy Qur'an states:

**"And to the 'Ad, We sent their brother Hud. He said: O' my people! Serve The Almighty, you have no other God than Him. Will you not then keep away from evil and be mindful of your duty to Him. The Chiefs of those who disbelieved from among his people said: Most surely, we see you in folly and indeed we think you to be of the liars. He said: O' my people! There is no folly in me, but I am an Apostle of the Lord of the Worlds. I convey to you the message of my Lord and I am a sincere adviser to you." (Quran 7:65)**

### THE DELUGE IS DESCENDED

The people did not listen to him and disobeyed the Commandments of The Almighty. For this disobedience the wrath of The Almighty came down upon them. A drought of unusual severity and a violent storm nearly annihilated the majority of the people of the Bani 'Ad. The Holy Qur'an states:

**"As to the 'Ad, they were destroyed by a roaring violent blast which The Almighty made to prevail over them for seven nights and eight days continuously so that you mightiest have seen the people therein prostrate as if they were hollow trunks of palm tree." (Quran 69:6-7)**

This storm had such a devastating effect that all the proud and disobedient people were completely destroyed but the Prophet Hud (pbuh) and his followers remained safe and sound. The Holy Qur'an States:

**"So We delivered him (Prophet Hud) and those with him by Mercy from Us and We cut off the last of those who treated Our Signs as lies and were disbelievers." (Quran 7:72)**

Afterwards the remnant who survived established themselves in Yemen. The grave of the Prophet Hud (pbuh) is in Hadramaut. It is visited by the Arabs in the month of Rajab.

## Stories Of The Sahabas



### AMMAAR (R.A.A.)

Ammaar (R.A.A.) and his parents were also subjected to the severest afflictions. They were tormented on the scorching sands of Mecca.

The Holy Prophet (S.A.W.), while passing by them, would enjoin patience giving them glad tidings about paradise.

Ammaar's father Yasir (R.A.A.) died after prolonged sufferings at the hands of persecutors and his mother Sumyya (R.A.A.) was killed by a spear from Abu Jahl.

Sumyya (R.A.A.) had refused to renounce Islam in the face of terrible torture in her old age. The blessed lady was the first to meet martyrdom in the cause of Islam.

The first Masjid (mosque in Islam was built by Ammaar (R.A.A.).

When the Prophet (S.A.W.) emigrated to Medina, Ammaar (R.A.A.) offered to build a structure for him where he could sit, take rest in the afternoon, and perform his Salat under its roof.

He built the Masjid in Kab'ah. He fought against the enemies of Islam with great zeal and courage. During one of the battles Ammaar (R.A.A.) asked for water but was offered some milk.

He graciously accepted it and said: "I am to meet my friends very soon; I am to meet the Prophet (S.A.W.) and his companions. The Holy Prophet (S.A.W.) had told me that the milk shall be my last drink in this worldly life."

He then fought till he met his coveted end. At the time of his death, Ammaar (R.A.A.) was 94 years of age.

To be able to please The Almighty, was really the Sahabah's (Companions) greatest achievement, and the sole purpose of their life.

